

# EVENT CALENDAR

Lincoln  
(402) 489-0400

212 N 48 Street  
Lincoln, NE 68504

MAY

11

Sat  
11:00am  
to  
12:00pm

## DIY Body Care for Every Body

by *Kathy Millington* Sponsored By: Natural Grocers

You eat organic and read labels to avoid chemicals, but what about your body care products? The average American uses 9 products a day for a total of 126 different ingredients - many of which are hormone disruptors, neurotoxins and skin irritants. But not ours! Scrub goodbye to skin care chemicals and learn fun, easy do-it-yourself body care using oils, foods and everyday ingredients at home.

MAY

18

Sat  
2:00pm  
to  
3:00pm

## Evidence Based Medicine-Illusion or Not

by *Paul Firnhaber, DC*

We will be discussing evidence associated with medications and procedures.

JUN

01

Sat  
11:00am  
to  
12:00pm

## Healthy Skin and the Sun

by *Kathy Millington* Sponsored By: Natural Grocers

Who doesn't like spending time in the sun? It makes us happy and gives us Vitamin D. But no one wants sun spots, wrinkles, or damaged skin. It's never too late. You can have it all: fun in the sun and healthy skin! All it takes is a good mineral sunscreen, nutritious food, and a bit of supplement savvy and away you go!

JUN

08

Sat  
11:00am  
to  
12:00pm

## Foundational Five Supplements

by *Kathy Millington* Sponsored By: Natural Grocers

Vitamins and minerals are essential for life and every biological process in the body is driven by a nutrient. Unfortunately, even when we try to eat healthy, most of us will not get optimal amounts of these necessary nutrients from food alone. That's where supplements come in - they help you live life to the fullest. Discover the Foundational 5 Supplements which are necessary for good health and optimal wellness.

JUN

15

Sat  
2:00pm  
to  
3:00pm

## Sweet Poison-The Case Against Sugar

by *Paul Firnhaber, DC*

We will be discussing the effects of sugar on the body.





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## **NUTRIENT TO KNOW ABOUT: QUERCETIN**

# **THE RESPIRATORY ROCKSTAR\*\***

**By supporting immune competence, quercetin promotes respiratory comfort and health during a change in seasons and year-round.\*\***

**[naturalgrocers.com/quercetin](https://naturalgrocers.com/quercetin)**

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\*\* These statements have not been evaluated by the FDA. These statements are not intended to diagnose, treat or prevent any disease.